



PE Skills Progression at Park Street CofE Primary School

Dance						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can copy steps and actions with some control and co-ordination	I can copy and explore basic body patterns and movements	I can perform with control and co-ordination	I can improvise freely on my own and with a partner	I can confidently improvise with a partner or on my own.	I can demonstrate precision, control and fluency in response to stimuli	I can perform with fluency and control a variety of dance styles with accuracy & consistency on my own or with a group
I can link individual and whole body movements together	I can remember simple dance steps and perform them in a controlled manner	I can respond imaginatively to a variety of stimuli	I can translate ideas from a variety of stimuli into movement	I am beginning to create longer dance sequences in a larger group	I can vary dynamics and develop actions with a partner or as part of a group	I can work creatively and imaginatively on my own, with a partner or in a group
I can watch others work and choose actions	I can choose actions and link them with sounds and music	I can vary the dynamics, levels, speed and direction of my phrase/motif	I can compare, develop and adapt movement motifs to create longer dances. I can use dance vocabulary to compare and improve my work	I can demonstrate precision and some control in response to stimuli. I can use dance vocabulary to compare and improve my work	I can link phrases and motifs to create a wide performance. I continually demonstrate rhythm and spatial awareness	I can suggest ways to improve quality of performance showing sound knowledge & understanding
I can recognise how to move in space and I can talk about ways to keep healthy	I can safely perform teacher led warm-ups and can describe and discuss others' work	I can discuss my own and others' work with simple vocabulary. I understand the need for warm up and cool down	I understand how to work safely, I recognise changes in my body.	I understand how to work safely, I recognise changes in my body. I can give reasons why PE is good for my health	I can modify my performance and that of others. I can organise myself to warm up safely	I can lead my own warm up & demonstrate all round safe practice



PE Skills Progression at Park Street CofE Primary School

Gymnastics						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can copy individual and whole body movements with some control and co-ordination.	I can copy and explore basic gymnastics actions with some control and co-ordination.	I can copy, remember, explore and repeat a variety of basic gymnastics actions with control and co-ordination.	I can copy, remember, explore and repeat gymnastics actions with consistent control, co-ordination, quality and clarity.	I can link ideas, skills & techniques with control, precision & fluency when performing basic skills	I can copy, remember, explore and repeat increasingly complex gymnastics actions with some control, co-ordination, quality and clarity.	I can make up longer, more complex sequences, including change of direction, level and speed with increasing control, co-ordination, quality and clarity.
I can link individual and whole body movements together.	I can select and link basic gymnastics actions together.	I can select and link basic gymnastics actions into fluent short movement phrases.	I can select and link gymnastics actions fluently into longer movement phrases and can apply basic compositional ideas.	I can repeat longer sequences that include change of speed and levels	I can develop my own solutions to a task by choosing and applying a range of compositional principles	I can select and link increasingly complex gymnastics actions fluently into individual, pair and group sequences and can apply a variety of compositional ideas.
I can watch others work.	I can watch and discuss my own and others work.	I can identify and describe the difference between my own and others work.	I can describe my own and others work noting similarities and differences and I can make suggestions for improvements.	I can describe how to refine, improve & modify my partner's or my own performances	I can identify and act upon criteria to refine, improve and modify gymnastics actions and sequences.	I can show an awareness of factors influencing the quality of performance and suggest aspects that need improving
I can recognise and negotiate space and I can handle small and/or low apparatus safely	I can use space safely showing an awareness of others	I can handle large apparatus safely	I can work safely, handling a range of hand, small and large apparatus	I can adapt my own movements to include a partner and/or apparatus in a sequence	I can work safely, handling a range of hand, small and large apparatus competently	I can consistently use apparatus safely and I understand how to do this and why it is important



PE Skills Progression at Park Street CofE Primary School

I can talk about ways to keep healthy.	I can safely perform a teacher led warm-up and cool down.	I can explain the need for a warm up and cool down recognising what is happening to my body during exercise.	I can recognise changes in my body giving reasons why PE is good for health	I can demonstrate specific aspects of warm-up & describe effects of exercise on the body	I can demonstrate specific aspects of warm-up and cool down and describe the effects of exercise on the body.	I understand the importance of warming up and cooling down and can demonstrate this in small groups
--	---	--	---	--	---	---

Games

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can stop a ball with some control	I can stop a ball with basic control	I can stop/catch/strike a ball with control and accuracy	I can control, strike, catch a ball whilst moving and keep possession with some accuracy	I can control and catch an object & accurately pass whilst moving	I can control, catch, send and receive a ball accurately whilst moving and keeping to the rules	I can use different techniques for passing, controlling, dribbling and shooting in games
I can send a ball in the direction of another person	I can send a ball in the direction of another person and collect a ball	I can pass a ball to someone else and receive a ball when moving	I can accurately pass to someone else and am aware of space and how to use it. I can choose simple tactics for sending and defending.	I can take part in conditioned game with understanding of tactics & rules	I can move with a ball in opposed situations and attack and defend in a small sided game.	I can apply basic principles of team play to keep possession of an object
I can decide where to stand and am starting to use the space effectively	I can decide where to stand to make it difficult for an opponent	I can show awareness of opponents and team mates when playing games	I can show awareness of space and use it to support team mates	I can show I understand how to attack and defend	I understand how to mark and how to use this in a game situation	I can use marking and or interception to improve my defence as part of a team



PE Skills Progression at Park Street CofE Primary School

I can often control a ball on my own	I can take part in sending and receiving activities with a partner	I can take part in conditioned games with opponents	I am beginning to influence the conditioned games with opponents. I can describe what others do well	I can move with an object in opposed situations confidently. I can show I understand how to attack and defend	I can take part in a conditioned game with an understanding of tactics and rules and use this to help improve performance	I can use marking and or interception to improve my defence as part of a team
I can move with a ball/object in space safely	I can send an object in the direction of another person using a variety of basic throwing or kicking skills	I can use a variety of different tactics within a game	I can control and catch an object with movement	I can take part in conditioned game with understanding of tactics & rules	I can combine accurate passing/shooting skills / techniques in a game	I can apply basic principles of team play to keep possession of an object
I can talk about ways to keep healthy	I can talk about exercising, safety and short term effects of exercise	I understand about exercising, being safe and the short term effects of exercise	I can talk about why it is important to warm up/cool down	I can talk about why it is important to warm up/cool down and lead a partner through short warm up routines	I understand and can use principles of exercise activities for warming up	I understand and can use principles of exercise activities for warming up and recognise how exercise is good for health. I can clearly explain this to others.



PE Skills Progression at Park Street CofE Primary School

Athletics						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I can run safely in the space	I can run at different speeds	I can change speed & direction whilst running	I can run at a speed appropriate to the distance I am running	I can improve and sustain running technique at different speeds	I can demonstrate good control in a variety of athletic events	I can demonstrate good control, strength, speed & stamina in a variety of athletic events
I can begin to jump	I can jump from a standing position	I can jump accurately from a standing position	I can take a running jump I can demonstrate accuracy & technique in a range of throwing & jumping actions	I can demonstrate accuracy & technique in a range of throwing & jumping actions	I can show control at take off in jumping activities	I understand how to apply athletic skills & tactics to the competitive situation
I can begin to understand the concept of a relay	I can take part in a relay under instruction	I can take part in a relay, remembering when to run and what to do with guidance	I can take part in a relay, remembering when to run and what to do	I can take part in a relay as part of a team, knowing my role	I can show accuracy and good technique when throwing for distance	I can organise and run athletics events as part of a team
I can throw an object with two hands	I can throw an object with one hand	I can throw a variety of objects with one hand	I can demonstrate a range of throwing actions using a variety of objects	I can identify & explain good athletic performance	I can identify good athletic performance and make suggestions to improve my own and others technique	I can explain how to improve technique in a variety of events
I can recognise some changes in the body during exercise	I can recognise changes in the body during exercise	I can recognise a change in temperature & heart rate during exercise	I can recognise a change in heart rate, temperature and breathing rate	I can describe the changes in my body when running, jumping & throwing	I understand the need for specific warm up & cool down	I can explain how to improve technique in a variety of events